

In Season:



Yellow Squash!



NUTRIENTS IN YELLOW SQUASH:

Vitamins: A and C; fiber.

SELECTION:

Choose squash that is heavy for its size without dents and soft spots. Squash should be bright and glossy.

STORAGE:

Store yellow squash in a plastic bag in the refrigerator for up to ten days.

QUICK FIX TIPS:

- Cut raw yellow squash and zucchini into strips and serve with a low-fat ranch dip.
- Add sautéed squash as a veggie topping to your pizza.
- Create a healthy vegetable wrap by filling a whole-wheat tortilla with roasted squash, peppers, and tomatoes.



Snowboard Swooshin Squash

Prep Time: 20 Minutes

Ingredients:

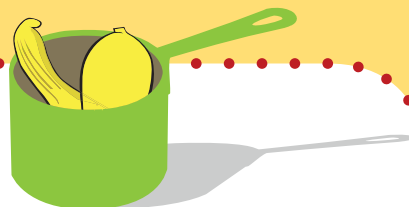
- 1 cup yellow squash, sliced
- 1 cup zucchini squash, sliced
- ¼ cup onion, chopped
- 2 tsp garlic, minced
- ½ tsp cumin
- 3 seconds butter-flavored cooking oil spray
- 2 tbsp canned green chiles, diced
- ¼ cup frozen yellow sweet corn
- 2 tbsp fat-free sour cream

Serves: 2

Cups of Fruits and Vegetables per Serving: 1

Preparation:

1. Lightly sauté the squash, zucchini, onion, garlic, and cumin until just soft with some cooking oil spray.
2. Toss in the remaining ingredients.
3. Place in a 1-quart casserole dish that has been sprayed with cooking oil.
4. Microwave 3 minutes on HIGH or until heated all the way through.



Nutritional Information per Serving:

Calories:96; Total Fat:2.5g; Dietary Fiber:3g; Sodium:39mg



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Recipe is courtesy of Produce for Better Health Foundation (PBH).

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